

Table 1. Baseline characteristics and outcome measure mean scores of the sample per group.

Parameters	PE+TAU group (n=13)	TAU group (n=12)	Test statistic	p value
Age(years), mean(SD)	38.2 (5.13)	35.6 (6.13)	$t = 1.14$	0.27
Height(meters), mean(SD)	1.66 (0.07)	1.66 (0.06)	$t = -0.27$	0.79
Weight(kilograms), mean(SD)	94.3 (25.8)	96.8 (19.3)	$t = 0.15$	0.88
BMI, mean(SD)	33.9 (8.27)	34.9 (5.21)	$t = -0.39$	0.70
MEQ total, mean(SD)	2.65 (0.39)	2.58 (0.28)	$t = 0.55$	0.57
CWS total, mean(SD)	40.5 (16.1)	41.8 (18.6)	$t = -0.19$	0.85
Health issues, n(%)	5 (38.5)	5 (41.7)	$\chi^2 = 0.27$	0.87
Diabetes family history, n(%)	7 (53.8)	7 (58.3)	$\chi^2 = 0.24$	0.63
Smoking, n(%)	6 (46.2)	0 (0.0)	$\chi^2 = 7.29$	0.01
Insulin, n(%)	3 (23.1)	3 (25.0)	$\chi^2 = 0.01$	0.91
Natural conception, n(%)	11 (84.6)	12 (100)	$\chi^2 = 2.01$	0.16

PE: Psychoeducation; TAU: Treatment-as-usual; BMI: Body Mass Index; MEQ: Mindful Eating Questionnaire; CWS: Cambridge Worry Scale.